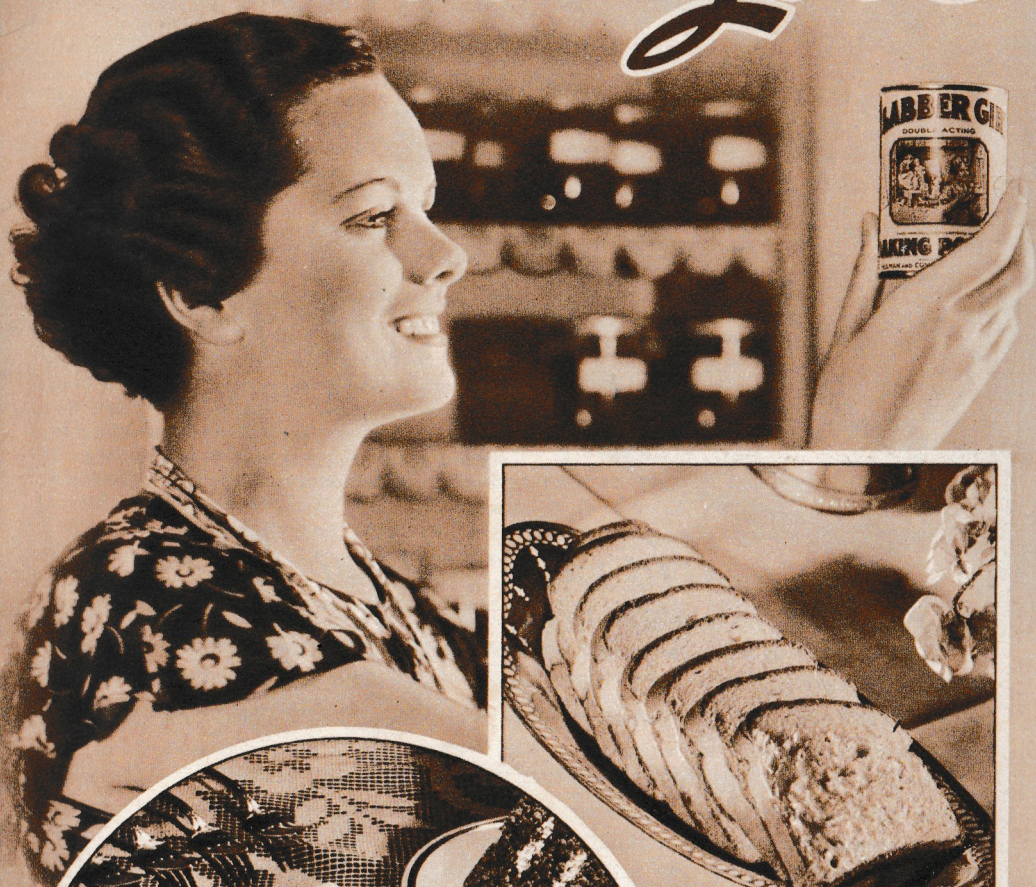
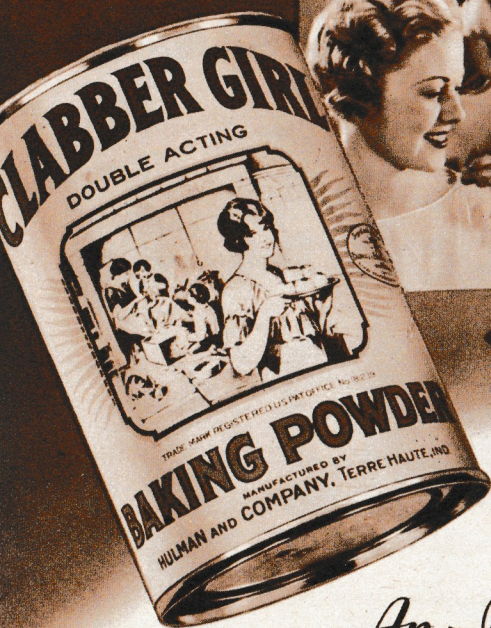


Clabber Girl



Baking
Book I



AN OPPORTUNITY is now furnished the Public to secure a Baking Powder containing the desirable qualities necessary for producing a thoroughly healthful article of the "Staff of Life," and which is equally good for Finest Cakes and Pastry.

What Experts Say

Cakes baked with Clabber Girl Baking Powder possess that nice velvety look, also good taste which counts so much toward good cake; and foods deliciously prepared create a keen appetite, inducing gastric juices to extract from such foods the life-giving substances that nourish the human body.

An Interesting Letter

"FOR a year I have made Biscuits with SOUR MILK and CLABBER GIRL Baking Powder with the usual amount of shortening and salt. The biscuits thus made were far superior in flavor and lightness to biscuits made by combining sweet milk and Baking Powder, or the time-honored soda and sour milk biscuits.

"The majority of country housewives use soda and any brand of baking powder to make biscuits with sour milk, but they can never be sure their bread will be a success under all conditions. The milk or the stove may not be just right or they may fail to get just the right amount of soda, and thus the bread lacks the degree of whiteness or lightness desired. I discovered, however (when boarding with different people in the various neighborhoods where I taught) one woman who never failed to produce delicious biscuits at all times. When I inquired how she acquired such miraculous results in biscuit making, she told me she always used CLABBER GIRL BAKING POWDER (without soda), the usual shortening and salt with sour milk. She had made bread for over three years without a failure with this method; whereas, she could not make soda bread more than two or three times a week with good results. When I began my housekeeping career I followed her advice and discovered that I, too, could make good bread when I had but little experience. I fail to find any other Baking Powder which has this peculiar merit and for that reason it seems to me the public should be made aware of it—think of the advantage to the housewives throughout the land when they learn that at last a Baking Powder has been discovered which has no restrictions in regard to the milk used with it."

Clabber Girl - Never Fails

Leaves No Bitter Taste

"I have found CLABBER GIRL BAKING POWDER superior to all others. Its well known dependability makes baking a success. I take pleasure in everything I bake, confident everything will be excellent, and to have success it is essential to use the purest Baking Powder. I never fear the loss of eggs, butter, flour and other ingredients, for with CLABBER GIRL there is no such word as failure.

"I find it economical. All foods I bake with it are wholesome and delicious, and there is never any bitter taste in the food as I have experienced when using some baking powder.

"When cooking vegetables such as cabbage and carrots, I put a pinch of baking powder in the boiling water while they are cooking and the vegetables retain their natural color.

"I always use a little bit in my pie dough and in everything I bake I use the best, and the best is CLABBER GIRL."



The ORIGIN of Baking

IN MODERN TIMES, as compared with wheat flour, all other materials used for baking bread are of comparative insignificance.

The varieties of Wheaten bread are divisible into two great classes—Unvesiculated and Vesiculated Bread.

Unvesiculated bread is the simplest form of bread and the rudest baking—a cake made from dough composed of flour, salt and water laid on a hot stone and baked in the dying embers of a wood fire, and when exposed to a high heat so that the resulting cake is hard, dry and resonant, Biscuits (bis-cuit—"twice baked") are formed.

Vesiculated Bread includes all bread rendered spongiform in structure by the development of carbonic acid within the dough through fermentation of the flour, or, by the disengagement of carbonic acid from ingredients introduced into the dough.

A great amount of private or domestic baking is conducted on the same principle, butter-milk and bicarbonate of soda being used for mixing the dough in making "scones." In this instance the lactic acid of the Milk combines with the soda, liberating carbonic acid.

Clabber Girl Baking Powder depends for its action on the mixture of Bicarbonate of Soda and certain acid reacting materials.

Sound flour yields from 90 to 94—4 pound loaves per bag of 280-lb. flour.

Well baked Bread or Biscuits should have a yellowish brown crust; the crumb should be uniform in texture, permeated with minute cavities and with out "eyes" or large air cells: this can only be accomplished by thoroughly mixing Clabber Girl Baking Powder with the Flour before any moisture is added.

Wheat flour contains nearly all the elements that make up the superstructure of man, and Blood is the life. Without pure, strong, healthy blood the human system suffers from all complaints that the human family is heir to—

Those who have noticed the unpleasant odors emanating from hot biscuits made from inferior material will appreciate the deliciousness exhaled from those made of standard wheat flour with the good old Clabber Girl Baking Powder.

Clabber Girl Baking Powder 3



Balanced Double Action of CLABBER GIRL ...

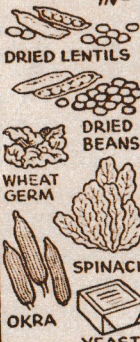
IN EVERYTHING YOU BAKE, the dependable, double-rising action of CLABBER GIRL Baking Powder assures lightness, tenderness, wholesomeness and full flavor-protection.

The first rising action takes place in the mixing bowl when liquids are added to the dry ingredients; the second rising action takes place during the process of baking.

Foods baked with CLABBER GIRL Baking Powder are thoroughly leavened and therefore easier to digest.

The 7 VITAMINS

... a few of their Sources and their functions

VITAMIN "A" IN-	VITAMIN "B" IN-	VITAMIN "C" IN-	VITAMIN "D" IN-	VITAMIN "E" IN-	VITAMIN "F" IN-	VITAMIN "G" IN-
 PROMOTES GROWTH AND GUARDS HEALTH	 PREVENTS BERI-BERI	 PREVENTS SCURVY	 PREVENTS RICKETS	 PREVENTS STERILITY	 AIDS GROWTH	 PREVENTS PELLAGRA

Courtesy Arthur R. Mass Chemical Laboratories

PROPER COOKING, especially of vegetables, is necessary to retain the full vitamin content. Use as little water as possible, especially in cooking green vegetables. Avoid long cooking and the use of soda. Retain the cooking water for use in soups, and sauces, since certain vitamins dissolve in water and would otherwise be lost.

When making an Omelet, if a teaspoon of CLABBER GIRL BAKING POWDER is added to every four eggs and beaten in thoroughly, the Omelet will be considerably lighter, more attractive and tasty.

CLABBER GIRL BAKING POWDER added to a recipe for bread or rice pudding eliminates all danger of having a heavy, soggy pudding.

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Important points for **PERFECT BAKING RESULTS**

BAKING POWDER—Always use **CLABBER GIRL** Baking Powder for the recipes in this book. Each recipe tells you the correct amount to use. (Other brands of baking powder may require a greater amount.)

★

MEASURING INGREDIENTS—Measure all ingredients for each recipe *carefully*. Many baking failures are caused by *carelessness* in measuring and mixing.

Use a standard half-pint measuring cup. A greater convenience is a set of four measuring cups, in 1-cup, $\frac{1}{2}$ -cup, $\frac{1}{3}$ -cup and $\frac{1}{4}$ -cup sizes. Also use a set of four standard measuring spoons in 1-tablespoon, 1-teaspoon, $\frac{1}{2}$ -teaspoon and $\frac{1}{4}$ -teaspoon sizes. These cost very little and add much to your success in baking.

All measurements given are *level*—absolutely level with the edge of cup or spoon. (*Never* use “heaping” or “rounded” measurements.) If less than full capacity of measuring utensil is required, portion out proper amount carefully.

★

FLOUR—Always sift the flour *before* measuring, and then dip it *lightly* into the measuring cup. Do not *pack* the flour into the cup.

A high-grade “all-purpose” flour is suitable for most baking recipes. A *soft wheat* flour (cake or pastry flour) is preferable for making cakes.

★

SHORTENING—Whether you use butter, lard or vegetable shortening, be sure it is fresh and sweet.

To measure solid shortening, pack firmly into the cup or spoon, and level off. Four level tablespoons of solid shortening equal $\frac{1}{4}$ cup. If print butter or lard is used, $\frac{1}{4}$ pound equals $\frac{1}{2}$ cup.

★

“BEATING”—*Beating* a batter is a different motion from *stirring*. To beat, you rapidly *lift up* the batter from the bottom of the bowl over and over, which blends the ingredients and also introduces air into the mixture. Use a mixing bowl large enough to permit beating the batter without spilling.

CAUTION: Do not beat the “lumps” out of muffin or cornbread batter. Such batter should be lumpy when poured into the baking pans.

★

OVEN HEAT—Be sure your oven is at the proper heat. If your oven does not have a heat regulator, a portable oven thermometer is desirable, to determine the temperature in the oven. Do your baking as nearly as possible to the center of the oven, where the heat is most uniform. However, if you are baking on two oven racks, do not put one pan directly above the other. Arrange the pans so that an equal amount of heat reaches the *bottom* of each pan.

Forget Baking Failures—Use Clabber Girl!



Clabber Girl Biscuits

2 cups sifted flour 1 teaspoon salt
2 teaspoons CLABBER GIRL 4 tablespoons shortening
BAKING POWDER About 2/3 cup milk

Sift dry ingredients together. Then work in shortening with finger tips or with large fork or pastry blender, to mix thoroughly. Add sufficient milk, while stirring vigorously, to make a soft dough. Lightly roll or pat on floured board to about 3/4-inch thickness. Cut with floured biscuit cutter and place on greased baking pan. Bake immediately in hot oven (450 degrees F.) for 12 to 15 minutes. Makes 14 biscuits, 2-inch size.

Cheese Biscuits

Add 1/2 cup grated American cheese to biscuit recipe at time of working in shortening, or sprinkle cheese on tops of biscuits before baking.

Fruit or Nut Biscuits

Add 3/4 cup currants, raisins or nutmeats to biscuit recipe, before pouring in the milk.

Cream Scones—2 Eggs

2 cups sifted cake flour 4 tablespoons butter or
2 teaspoons CLABBER other shortening
GIRL BAKING POWDER 2 eggs
1/2 teaspoon salt 1/3 cup light cream
2 teaspoons sugar

Sift flour once, measure, add baking powder, salt, and sugar, and sift again. Cut in shortening. Reserve about 1/2 egg white for glaze. Beat remaining eggs well and add cream; add all at once to flour mixture and stir until all flour is dampened; then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and knead 30 seconds. Roll 1/2 inch thick and cut in triangles. Place on ungreased baking sheet. Brush tops lightly with reserved egg white slightly beaten; sprinkle with additional sugar. Bake in hot oven (450 degrees F.) 12 to 15 minutes, or until delicately browned. Makes about 12 scones.

Biscuits and Muffins

Clabber Girl Muffins—1 Egg

2 cups sifted flour 1 egg, beaten
2 teaspoons CLABBER GIRL 1 cup milk
BAKING POWDER 4 tablespoons melted
1/2 teaspoon salt shortening
2 tablespoons sugar

Sift the flour with the baking powder, salt and sugar. Combine the egg, milk and shortening. Turn the milk mixture into the dry ingredients all at one time and stir quickly and vigorously until all ingredients are just mixed, and have a lumpy appearance. (This will take from 10 to 20 seconds of stirring and beating). Fill the greased muffin pans about 2/3 full of batter. Bake 25 minutes in a hot oven (425 degrees F.). Makes 12 to 15 muffins, 2 1/2 inch size. (For fruit or nut muffins, add 1/2 to 1 cup of finely chopped, dried fruit, raisins or nuts to dry ingredients in above recipe.)

Corn Meal Muffins—1-Egg

1 1/2 cups bread flour 2 tablespoons sugar
1/2 cup corn meal 1 cup milk
4 teaspoons CLABBER 1 egg
GIRL BAKING POWDER 2 tablespoons melted fat
1/2 teaspoon salt

Mix and sift the dry ingredients. Beat the egg and add to the milk and fat. Combine the wet and dry ingredients as quickly as possible. Pour instantly into shallow oiled pans. (425 degrees F.) 20 minutes. Make 12 muffins.

Almond Muffins

Temperature 375° — Time, 20 to 25 Minutes

1/4 cup butter 1 cup flour
1/2 cup sugar 1-1/3 teaspoon CLABBER
4 egg yolks GIRL BAKING POWDER
1/3 cup milk 1/3 teaspoon salt
1/2 teaspoon almond 2 tablespoons sugar
flavoring 2 tablespoons chopped
 almonds

1. Cream butter, sugar, and egg yolks together.
2. Sift dry ingredients together and add to first mixture alternately with milk.
3. Fill muffin tins 2/3 full and sprinkle with sugar and almonds. Bake.



Quick Breads

THERE is nothing like fine quick breads such as tender, flaky biscuits, light fluffy muffins and quality griddle cakes baked with CLABBER GIRL BAKING POWDER.



Date Nut Bread—2 Eggs

3 cups sifted flour	2 cups sugar
2 teaspoons soda	2 eggs
2 teaspoons CLABBER GIRL BAKING POWDER	1¾ cups hot coffee or water
¼ teaspoon salt	½ cup walnut meats, broken
¼ cup shortening	1½ cups dates, chopped
	1½ teaspoons vanilla

Sift flour, baking powder, soda and salt together. Cream shortening. Add sugar gradually. Mix well. Add beaten eggs and vanilla and beat thoroughly. Mix dates and nut meats with sifted dry ingredients and add alternately with liquid. Pour into loaf pans lined with waxed paper. Let stand 15 minutes. Bake in moderate oven.

Doughnuts—1 Egg

1 tablespoon shortening	¼ teaspoon nutmeg
1 cup sugar	1 teaspoon salt
1 egg, well-beaten	2 teaspoons CLABBER GIRL BAKING POWDER
About 6 cups sifted flour	1 cup milk
¼ teaspoon cinnamon	

Cream the shortening and sugar until well blended. Add egg. Sift 4 cups of flour with the remaining dry ingredients. Add to the egg mixture alternately with the milk. Beat well, then add enough of the remaining flour to make a soft dough that can be easily rolled. Roll ½ inch thick on a floured board. Cut into desired shapes and fry on both sides in deep fat (heated 360 to 370 degrees F.) until brown and cooked. Drain on absorbent paper. Serve plain or dusted with powdered sugar.

Brown Sugar Syrup

1 cup brown sugar	¾ cup water
½ cup white sugar	

Mix sugar and water together. Boil 3 minutes. Makes a delicious, inexpensive syrup for griddle cakes and waffles.

Clabber Girl Nut Bread—1 Egg

3 cups sifted flour	1 cup chopped nuts
½ cup sugar	1½ cups milk
1 teaspoon salt	1 egg, beaten
3 teaspoons CLABBER GIRL BAKING POWDER	3 tablespoons melted shortening

Sift together the dry ingredients and add the nutmeats. Add the milk mixed with the beaten egg and shortening. Beat well. Pour into a large greased loaf pan, size about 10 inches by 5 inches by 3½ inches. Bake one hour in a moderate oven (375 degrees F.). Pecans, walnuts, almonds or peanuts may be used. Brown sugar may be used instead of granulated sugar. Bread may be served hot, if desired, but nut flavor increases when bread is allowed to cool.

Banana Bread—1 Egg

2 cups flour	1 egg
2 teaspoons CLABBER GIRL BAKING POWDER	2 tablespoons sour milk
½ teaspoon salt	1½ cups mashed bananas
2 tablespoons shortening	½ cup walnut meats, broken
1 cup sugar	

Sift the flour, baking powder, and salt together. Cream shortening, add sugar and beaten egg. Mix well. Mash bananas and rub through sieve. Add milk. Add nuts to sifted dry ingredients and fold into creamed mixture gradually, alternating with milk and bananas. Pour into pan lined with waxed paper, and bake in moderate oven (350 degrees F.) 1 hour.

Griddle Cakes—1 Egg

1 1/3 cups sifted flour	1 egg, beaten
1¾ teaspoons CLABBER GIRL BAKING POWDER	¾ cup milk
¾ teaspoon salt	3 tablespoons melted shortening
3 tablespoons sugar	

Sift together the dry ingredients. Combine the egg, milk and shortening and add to the dry ingredients gradually, stirring until smooth. Drop the batter from tip of a spoon onto hot griddle, which has been greased or not, according to manufacturer's directions. Cook on one side, and when puffed and full of bubbles and cooked on the edges, turn and cook on the other side. Makes 11 griddle cakes, 4 inches in diameter.

Clabber Girl Baking Powder 7



Pocketbook Rolls

2 cups sifted cake flour 1 tablespoon butter or other shortening
2 teaspoons CLABBER GIRL BAKING POWDER 2/3 cup milk
1/2 teaspoon salt

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on well floured board and knead lightly 2 or 3 minutes. Roll 1/4 inch thick. Cut with floured 2-inch biscuit cutter. Fold double and press edges together lightly. Place in greased pan; brush tops with melted butter. Cover and let rise in warm place 20 minutes. Bake in hot oven (425 degrees F.) 10 minutes. Again brush tops with melted butter; continue baking 5 to 10 minutes. Remove from oven; brush tops with butter. Makes 18 rolls.

Quick Cinnamon Rolls

2 cups sifted flour 3 tablespoons butter
2 teaspoons CLABBER GIRL BAKING POWDER 1/3 cup brown sugar, firmly packed
1/2 teaspoon salt 1/2 teaspoon cinnamon
4 tablespoons butter or other shortening 1/2 cup currants or raisins.
1/4 cup milk (about) 4 tablespoons butter
4 tablespoons brown sugar

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk gradually until soft dough is formed. Turn out immediately on slightly floured board and knead 30 seconds, or enough to shape. Roll 1/4 inch thick. Cream together butter, sugar, and cinnamon; spread on dough, and sprinkle with currants. Roll as for jelly roll. Cut in 1-inch slices. Melt 4 tablespoons butter in 8x8x2 inch pan, add 4 tablespoons brown sugar, and mix well. Place rolls in pan, cut-side down. Bake in hot oven (425 degrees F.) 15 minutes; then decrease heat to moderate (350 degrees F.), bake 15 minutes longer. Remove from pan at once. Makes 10 to 12 rolls.

When rolls are baked in a smaller pan, use less butter and sugar for mixture in pan.

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Quick

Coffee Cake—2 Eggs

6 tablespoons shortening 1 teaspoon salt
1 1/4 cups sugar 1 1/2 teaspoons CLABBER GIRL BAKING POWDER
2 eggs, well-beaten 4 teaspoons cinnamon
2 cups sifted cake or pastry flour 1 cup milk

Cream shortening. Add 1 cup of the sugar gradually, creaming thoroughly. Add the eggs well-beaten and blend thoroughly. Sift together the flour, salt, baking powder and 2 teaspoons of the cinnamon, and add this mixture alternately with the milk to the first mixture. Pour into a large greased shallow pan, size 12 x 8; sprinkle top with remaining sugar and cinnamon mixed together. Bake 45 minutes in a moderate oven (375 degrees F.).

Fruit Drop Biscuits

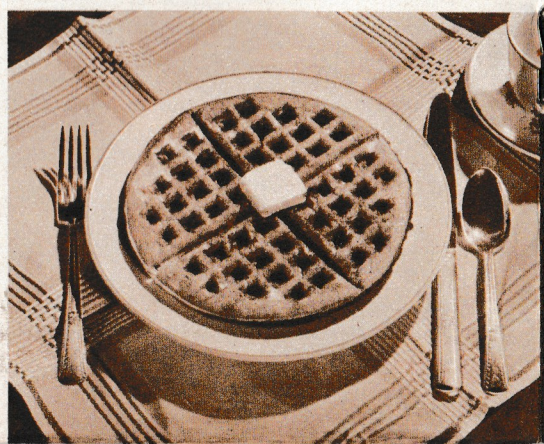
2 cups sifted cake flour 2/3 cup milk
2 1/2 teaspoons CLABBER GIRL BAKING POWDER 1 cup chopped pared apple
2 tablespoons sugar 1 1/2 teaspoons grated orange rind
1/2 teaspoon salt 1/2 cup finely chopped raisins
4 tablespoons butter or other shortening

Sift flour once, measure, add baking powder, sugar, and salt, and sift again. Cut in shortening. Add milk all at once and stir carefully until all flour is dampened. Add remaining ingredients and stir vigorously until mixture forms a soft dough that clings to sides of bowl. Drop from a teaspoon on an ungreased baking sheet. Bake in a hot oven (450 degrees F.) 12 minutes, or until done. Makes 18 biscuits.

Banish Baking Worries

Forever

Use Clabber Girl!



Breads

Corn Bread—1 Egg

- | | |
|--|---------------------------------|
| $\frac{3}{4}$ cup yellow cornmeal | $\frac{1}{2}$ teaspoon salt |
| $1\frac{1}{2}$ cups sifted flour | 1 egg, well-beaten |
| 2 teaspoons CLABBER GIRL BAKING POWDER | 1 cup milk |
| 2 tablespoons sugar | 4 tablespoons melted shortening |

Sift the cornmeal and flour with the baking powder, sugar and salt. Combine the egg, milk and shortening. Turn the milk mixture into the dry ingredients all at one time and stir quickly and vigorously until all ingredients are just mixed and have a lumpy appearance. Turn into a greased shallow pan, size 8 x 2 inches deep. Bake 30 to 35 minutes in a moderate oven (375 degrees F.).

Graham Muffins

- | | |
|--|---------------------------------|
| 1 cup graham flour | 1 egg |
| 1 cup white flour | $\frac{3}{4}$ cup milk |
| 4 teaspoons CLABBER GIRL BAKING POWDER | 4 tablespoons brown sugar |
| 1 teaspoon salt | 4 tablespoons melted shortening |

Mix and sift dry ingredients—beat egg, add sugar, milk and melted shortening. Combine with dry ingredients and pour into greased muffin tins and bake from 25 to 30 minutes, temperature 400 degrees.

Krunchy Korn Sticks

- | | |
|---|---|
| $1\frac{1}{4}$ cups sifted flour | 1 cup yellow corn meal |
| $2\frac{1}{4}$ teaspoons CLABBER GIRL BAKING POWDER | 2 eggs, well beaten |
| 2 tablespoons sugar | $1\frac{1}{4}$ cups milk |
| 1 teaspoon salt | 4 tablespoons melted butter or other shortening |

Sift flour once, measure, add baking powder, sugar, and salt, and sift again. Add corn meal and mix well. Combine eggs and milk. Add to dry ingredients, mixing well. Add shortening. Bake in well greased corn-ear pans, or greased breadstick pans in hot oven (425 degrees F.) 20 to 25 minutes, or until done. Makes 2 dozen corn-ear sticks, or 3 dozen short corn-sticks.



Cakes

Apple Sauce Cake—4 Eggs

- | | |
|--|--------------------------------------|
| $\frac{2}{3}$ cup butter | 1 teaspoon grd. cloves |
| 2 cups sugar | 1 teaspoon grd. cinnamon |
| 4 egg yolks | $\frac{1}{2}$ teaspoon grd. nutmeg |
| $\frac{3}{4}$ cup cold thick unsweetened apple sauce | $\frac{1}{2}$ teaspoon grd. allspice |
| $\frac{1}{2}$ cup milk | 4 tablespoons cocoa |
| $2\frac{1}{2}$ cups cake flour | 1 teaspoon vanilla |
| 3 teaspoons CLABBER GIRL BAKING POWDER | $\frac{2}{3}$ cup raisins |
| | $\frac{1}{2}$ cup nut meats |
| | 4 egg whites |

Cream the butter; add the sugar, beat until well blended; add egg yolks and apple sauce and beat until the mixture is smooth; then add the milk alternately with the cake flour, which should be sifted four or five times with the baking powder and spices; add vanilla, raisins and nuts, fold in the beaten egg whites; turn into greased layer cake tins, and bake in a moderate oven (325 degrees—350 degrees F.) about 40 minutes.

Apricot Upside Down Cake—1 Egg

- | | |
|--------------------------------|---|
| 2 tablespoons butter | 1 cup sifted cake flour |
| $\frac{1}{3}$ cup brown sugar | $1\frac{1}{2}$ teaspoons CLABBER GIRL BAKING POWDER |
| 1 No. 2 can Apricots | Few grains salt |
| 2 tablespoons butter | $\frac{1}{2}$ cup milk |
| $\frac{1}{2}$ cup sifted sugar | $\frac{1}{2}$ teaspoon vanilla |
| 1 egg | |

Butter deep pan with first amount of butter and sprinkle with brown sugar. Arrange drained apricots over bottom of pan. Cream shortening and sugar. Add beaten egg yolk. Sift dry ingredients together and alternately add with milk to first mixture. Flavor. Fold in stiffly beaten egg white last of all. Turn into pan over fruit and bake in moderate oven (350 degrees F.) 45 minutes.



Clabber Girl Baking Powder. 9



Perfect Cakes

SO EASY
TO BAKE !

SUCCESS IN CAKE-BAKING is not a matter of luck, but is the result of careful measuring and mixing of the ingredients, and proper oven heat.

Get your oven at the proper heat before you start baking the cake, and maintain that heat. Put cake pans in center of oven for the most uniform heat. Before removing cake from oven, make the following tests: A wire or clean broom straw inserted in center of cake should come out clean and dry. Cake should have risen fully, and shrunk slightly from sides. Top should have a delicate brown crust.

Surface of cake, when pressed lightly with finger tips, should spring back without leaving a depression. After removing cake from oven (any cake in which shortening has been used), let cool in pan for about 5 minutes, then turn out on a wire rack, right side up, to finish cooling.

In making cakes, it is always desirable to use *soft wheat* flour. Cake and pastry flours are milled from *soft wheat*, giving a much lighter texture than cake made from *hard wheat* bread flours.

If an "all-purpose" flour is used, it absorbs more moisture than cake flour. Therefore, to prevent cake from being dry and heavy, use *less flour*—2 tablespoons less from each sifted cupful called for in the recipe.

Clabber Girl White Cake—3 Eggs

$\frac{1}{2}$ cup shortening $\frac{1}{2}$ teaspoon salt
1 cup sugar $\frac{1}{2}$ cup milk
2 cups sifted cake or pastry flour 1 teaspoon vanilla
2 teaspoons CLABBER GIRL BAKING POWDER 3 egg whites

Cream the shortening thoroughly, then add sugar gradually, creaming until the mixture is light and fluffy. Sift dry ingredients together. Mix vanilla with milk, and add alternately with combined dry ingredients, to the sugar mixture. Beat with spoon after each addition until smooth. Beat egg whites stiff, but not dry, and fold carefully into cake batter. Turn into loaf pan, 8 x 2 inches deep, which has been well greased and lightly floured, or lined with wax paper. Bake 50 to 60 minutes in moderate oven (350 degrees F.).

Layer Cake

Turn batter into two greased and lightly floured 8-inch layer cake pans and bake 25 to 30 minutes in moderate oven (375 degrees F.).

Cup Cakes

Turn batter into 2 dozen greased and lightly floured cup cake pans. Bake 20 to 30 minutes in moderate oven (375 degrees F.).

One-Egg Cake

4 tablespoons shortening 2 teaspoons CLABBER GIRL BAKING POWDER
 $\frac{2}{3}$ cup sugar $\frac{1}{2}$ teaspoon salt
1 teaspoon vanilla 1 cup milk
1 egg, well-beaten
 $\frac{2}{4}$ cups sifted cake or pastry flour

"Cream" the shortening by repeatedly pressing it against the side of the bowl with the back of a spoon until it is as soft and smooth as thick cream. Then add the sugar gradually, while beating, until mixture is light and fluffy. Then add vanilla and egg. Sift the dry ingredients together and add alternately with the milk to the shortening mixture. Beat to a smooth batter. Turn into a greased pan, size about 8 inches square by 2 inches deep. Bake 50 to 60 minutes in a moderate oven (350 degrees F.). May be served as a hot dessert, with a hot, sweet sauce, or topped with frosting and served as cake.

Chocolate Fudge Cake

2 cups sifted cake flour 1 cup sugar
2 teaspoons CLABBER GIRL BAKING POWDER 1 egg, well beaten
 $\frac{1}{2}$ teaspoon salt 2 squares unsweetened chocolate, melted
 $\frac{1}{2}$ cup butter or other shortening $\frac{3}{4}$ cup milk
1 teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add egg and beat well; then chocolate and blend. Add flour, alternately with milk, a small amount at a time. Beat after each addition until smooth. Add vanilla. Bake in greased pan, 8 x 8 x 2-inches, in moderate oven (325 degrees F.) 1 hour, or until done.

Fruit Cake—10 Eggs

- | | |
|---------------------------------------|---------------------------------------|
| 1 pound (4½ cups) sifted cake flour | 1 pound dates, seeded and sliced |
| 1 teaspoon CLABBER GIRL BAKING POWDER | 1 pound raisins |
| ½ teaspoon cloves | 1 pound currants |
| ½ teaspoon cinnamon | ½ pound citron, thinly sliced |
| ½ teaspoon mace | ½ pound candied orange and lemon peel |
| 1 pound butter or other shortening | ½ pound nut meats, chopped |
| 1 pound brown sugar | 1 cup honey |
| 10 eggs, well beaten | 1 cup molasses |
| ½ pound candied cherries | ½ cup cider |
| ½ pound candied pineapple | |

Sift flour once, measure, add baking powder and spices, and sift together three times. Cream shortening thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs, fruits, peel, nuts, honey, molasses, and cider. Add flour gradually. Turn into four 8 x 8 x 2-inch pans which have been greased, lined with heavy paper, and again greased. Bake in slow oven (350 degrees F.) 3 to 3½ hours. Makes 10 pounds fruit cake.

Chocolate Sponge Layer Cake 4 Eggs

- | | |
|---|---|
| 1¼ cups sifted cake flour | 1 cup milk |
| 1¼ teaspoons CLABBER GIRL BAKING POWDER | 1½ cups sugar |
| ½ teaspoon soda | 4 egg yolks, beaten until thick and lemon-colored |
| ½ teaspoon salt | 1 teaspoon vanilla |
| 4 squares unsweetened chocolate | 4 egg whites, stiffly beaten |

Sift flour once, measure, add baking powder, soda, and salt, and sift together three times. Add chocolate to milk and heat in double boiler. When chocolate is melted, stir until blended; add ½ cup sugar and cook until thickened, stirring constantly. Cool. Add remaining sugar gradually to egg yolks, beating with rotary egg beater until mixture becomes very thick and light-colored. Add chocolate mixture and flavoring and blend. Fold in flour, a small amount at a time; then egg whites. Turn into two greased 9-inch layer pans. Bake in moderate oven (350 degrees F.) 30 minutes.

Devil's Food Cake—2 Eggs

- | | |
|---|--|
| 3 squares (3 oz.) unsweetened cooking chocolate | 1 teaspoon vanilla |
| 2/3 cup milk | 1½ cups sifted cake or pastry flour |
| ½ cup shortening | 2 teaspoons CLABBER GIRL BAKING POWDER |
| 1 cup sugar | ½ teaspoon salt |
| 2 eggs, well-beaten | |

Combine the chocolate and milk in a saucepan and stir over low heat until smooth and thick; cool. Cream shortening thoroughly; add the sugar gradually, and cream the mixture until light and fluffy. Add the beaten eggs and vanilla and beat well. Sift the dry ingredients and add alternately with cooled chocolate mixture to the sugar mixture, beating until smooth. Turn into a greased and lightly floured loaf pan, size about 8 inches square by 2 inches deep. Bake 50 to 60 minutes in a moderate oven (350 degrees F.).

Angel Cake—8 Eggs

- | | |
|----------------------------|---------------------------------------|
| Whites of 8 eggs | 1 teaspoon CLABBER GIRL BAKING POWDER |
| 1 teaspoon cream of tartar | ¾ cup flour |
| ¾ cup granulated sugar | 1 teaspoon vanilla or almond extract |
| ¼ teaspoon salt | |

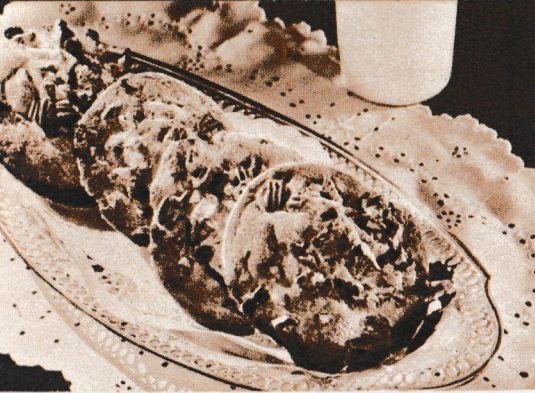
Whip egg whites to firm, stiff froth; add cream of tartar; fold sugar in lightly. Fold in flour sifted four times with baking powder and salt; add flavoring. Bake in ungreased tube pan 45 to 50 minutes in moderate oven at (350 degrees F.). Invert pan and let stand until cold.

Mother's Jelly Roll—4 Eggs

- | | |
|---------------------------------------|--------------------------|
| ¾ cup sifted cake or pastry flour | 4 eggs |
| ¾ teaspoon CLABBER GIRL BAKING POWDER | ¾ cup sifted sugar |
| ¼ teaspoon salt | 1 teaspoon vanilla |
| | 1 cup jelly (any flavor) |

Sift flour once; measure. Combine baking powder, salt, and eggs in bowl. Place over smaller bowl of hot water and beat with rotary egg beater, adding sugar gradually until mixture becomes thick and light-colored. Remove bowl from hot water. Fold in flour and vanilla. Turn into 15x10 inch pan which has been greased, lined with paper to within ½ inch of edge, and again greased. Bake in hot oven (400 degrees F.) 13 minutes. Quickly cut off crisp edges of cake. Turn from pan at once on cloth covered with powdered sugar. Remove paper. Spread with jelly and roll. Wrap in cloth and cool on rack.





Cookies and Cake Frostings

Bran Drop Cookies

- | | |
|----------------------------------|-------------------------------------|
| 1 ½ cups sifted flour | 2 eggs, well beaten |
| 2 teaspoons CLABBER | ½ teaspoon almond extract |
| GIRL BAKING POWDER | ½ teaspoon vanilla |
| ½ teaspoon salt | 1 cup broken nut meats |
| ½ cup butter or other shortening | 1 cup raisins |
| ¾ cup brown sugar, firmly packed | 1 cup whole bran or 40% bran flakes |

Sift flour once, measure, add baking powder, and salt, and sift again. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy. Add eggs and beat well; then flour, flavoring, nuts, and raisins, and mix well. Add bran and blend. Drop on greased baking sheet. Bake in a hot oven (400 degrees F.) 10 minutes. Makes 4 dozen cookies.

Brown Sugar Cookies

- | | |
|---------------------|---------------------|
| 1 cup shortening | 4 teaspoons CLABBER |
| 2 cups brown sugar | GIRL BAKING POWDER |
| 4 eggs, well beaten | 1 cup nut meats |
| 4 cups sifted flour | |

Cream the shortening, add the brown sugar, and mix well. Then add the well beaten eggs and blend together. Sift the flour well, then add the CLABBER GIRL BAKING POWDER to the flour and sift well. Then add to the egg mixture. Then thoroughly mix all together, add the nut meats and mix. Drop from spoon on greased tins. Bake in a moderately hot oven (400 degrees F.)

Soft Ginger Cookies

- | | |
|------------------------|---------------------------|
| 1 cup shortening | 1 ½ teaspoons baking soda |
| 1 ½ cups brown sugar | 5 cups sifted flour |
| 3 eggs, beaten | 2 teaspoons CLABBER |
| 1 tablespoon ginger | GIRL BAKING POWDER |
| ½ cup dark molasses | 1 ½ teaspoons salt |
| 1 ½ cups boiling water | 1 tablespoon cinnamon |

Cream the shortening, add the brown sugar and mix well. Then add the eggs and blend together. Mix the ginger with the molasses and add to the sugar mixture. Add the boiling water, while stirring. Sift the remaining ingredients together and add to the above mixture. Mix together well, then place the batter in the refrigerator for 2 hours. Drop by teaspoonfuls on greased baking sheet. Bake for 10 to 12 minutes in a hot oven (425 degrees F.). Makes 7 dozen cookies; will keep soft for a week in a stone crock or jar.

Seven Minute Frosting

- | | |
|------------------------|--------------------------------|
| 2 egg whites, unbeaten | 1 ½ teaspoons light corn syrup |
| 1 ½ cups sugar | |
| 5 tablespoons water | 1 teaspoon vanilla |

Combine egg whites, sugar, water, and corn syrup in top of double boiler, beating with rotary egg beater until thoroughly mixed. Place over rapidly boiling water, beat constantly with rotary egg beater, and cook 7 minutes, or until frosting will stand in peaks. Remove from boiling water; add vanilla and beat until thick enough to spread. Makes enough frosting to cover tops and sides of two 9-inch layers, or top sides of 8x8x2-inch cake generously.

Chocolate Custard Icing

- | | |
|---------------------|------------------------|
| 4 squares chocolate | 1 cup sugar |
| 1 ¼ cups milk | 1 teaspoon vanilla |
| ½ cup flour | 1 cup shredded coconut |

Add shaved chocolate to the milk in double boiler and heat. When chocolate is melted, beat with rotary egg beater until blended. Sift flour and sugar. Add a small amount of chocolate. Mix, stirring until smooth. Return to double boiler and cook until thickened. Add vanilla. Cool and spread on cake. Sprinkle with coconut.

Nut Icing

- | | |
|-------------------|--------------------|
| 2 egg whites | ½ cup chopped nuts |
| 1 cup brown sugar | |

Beat egg whites until stiff. Add sugar gradually, continuing beating. Add nuts and spread on unbaked cakes.

Time for baking—40 minutes.

Temperature for baking—350 degrees F.

Amount—Makes 2—9-inch layers.



Pastries and Desserts

Pecan Pie

- | | |
|------------------------|--------------------------|
| 1 cup chopped pecans | ½ teaspoon salt |
| 1 cup corn syrup (red) | 3 tablespoons shortening |
| ½ cup granulated sugar | 1 teaspoon vanilla |
| 3 eggs | |

Beat eggs; add sugar, syrup, shortening, salt, vanilla, and nuts; mix well. Pour in a partly baked crust and bake in a moderate oven 325 degrees, about 45 minutes. The nuts float to the top, forming a firm crust that will brown nicely if baked slowly.

Individual Strawberry Shortcakes

- | | |
|--|--|
| 3 cups sifted cake flour | ½ cup butter or other shortening |
| 3 teaspoons CLABBER GIRL BAKING POWDER | ¾ cup milk |
| 1 teaspoon salt | 2 quarts strawberries, washed and hulled |

Sift flour once, measure, add baking powder and salt, and sift again. Cut in shortening; add milk all at once and stir carefully until all flour is dampened. Then stir vigorously until mixture forms a soft dough and follows spoon around bowl. Turn out immediately on slightly floured board and knead 30 seconds. Roll ¼ inch thick and cut with floured 3-inch biscuit cutter. Place half of circles on ungreased baking sheet; brush with melted butter. Place remaining circles on top and butter tops well. Bake in hot oven (450 degrees F.) 15 to 20 minutes. Cut strawberries in small pieces and sweeten slightly. Reserve 8 whole berries for garnish. Separate halves of hot biscuits, spread bottom halves with soft butter and some of sweetened strawberries. Place other halves on top, crust-side down. Spread with butter and remaining berries. Garnish with whipped cream and whole berries. Serves 8. Dough may be rolled ½ inch thick, cut, and baked; split shortcakes after baking.

Banana Cream Pie

- | | |
|----------------------|---------------------|
| 1 baked pastry shell | 3 egg yolks |
| 2 cups milk | 1 tablespoon butter |
| 1/3 cup flour | 1 teaspoon vanilla |
| ½ teaspoon salt | 2 bananas sliced |
| 2/3 cup sugar | |

Scald milk. Mix dry ingredients together, add scalded milk, stirring constantly. Cook in double boiler until smooth and thick, about 15 minutes. Beat egg yolks slightly and add small amount of hot mixture to them. Add this quickly to remainder of hot mixture and cook about 3 minutes longer. Add butter and vanilla. When partly cool, slice bananas into pie shell, cover with cream filling and serve with whipped cream.

Cold Water Pie Crust

- | | |
|--------------------|-------------------------|
| 3 cups bread flour | ½ cup ice water (scant) |
| 1 cup shortening | 1½ teaspoons salt |

Cut shortening into flour and salt until thoroughly blended. Add water. (Water should be just sufficient to cause mixture to hold together nicely.)

This recipe is sufficient for two ten-inch, two-crust pies. The pastry can be placed in the ice box and used several days later, if desired, or only one-half of the recipe may be used.

Custard Pie

- | | |
|-------------------------|-------------------|
| 3 cups scalded milk | ½ teaspoon nutmeg |
| 3 eggs, slightly beaten | ½ cup sugar |
| ¼ teaspoon salt | |

Bake a 9 inch unpricked pie shell (½ recipe for Hot Water Pie Crust). While shell is baking, pour the scalded milk over the slightly beaten eggs, which have been combined with the salt, nutmeg, sugar. When the pie shell has baked 15 minutes, pour the custard mixture into the shell while still in oven. Reduce the oven heat to 300 degrees F. and bake the pie for 25 minutes, or until a silver knife inserted comes out clean. If coconut custard pie is desired, sprinkle ½ cup shredded coconut on top of custard before baking. (For Hot Water Crust see page 14.)

Banish Baking Worries
Forever
Use Clabber Girl!



Colonial Pudding

2 cups sifted cake flour 3 tablespoons butter or
2 teaspoons CLABBER GIRL other shortening
BAKING POWDER 1 cup sugar
½ teaspoon salt 1 cup milk
 ½ teaspoon vanilla

Sift flour once, measure, add baking powder and salt, and sift again. Cream butter, add sugar gradually, and cream together well. Add flour, alternately with milk, a small amount at a time, beating after each addition until smooth. Add vanilla. Bake in greased pan, 8 x 8 x 2 inches in moderate oven (350 degrees F.) about 1 hour.

Hot Water Pie Crust

¼ cup boiling water ½ teaspoon CLABBER
½ cup shortening GIRL BAKING POWDER
1½ cups sifted flour ½ teaspoon salt

Pour boiling water over the shortening and beat until creamy. Sift in the flour, baking powder and salt. Stir together. Form into a ball and chill, then roll out to ⅛-inch thickness on a lightly floured board. This recipe makes two 9-inch pie crusts.

For pie shells to be filled later with a previously cooked filling, prick with a fork before baking; then bake pie shells 15 to 18 minutes in a very hot oven (450 degrees F.).

Noodles and Dumplings

Noodles

2 cups flour, measure ½ cup cold water added to
before sifting eggs
2 well-beaten eggs 1 teaspoon CLABBER GIRL
½ teaspoon salt BAKING POWDER

Roll thin, place in sun to dry. Then roll over and slice fine. Put in when water is boiling. Cook fifteen minutes slowly.

Chicken Dumplings

1 well-beaten egg ½ teaspoon salt
1 cup sweet milk 2 teaspoons CLABBER GIRL
1 pint flour BAKING POWDER

Drop this batter by spoonfuls into the chicken broth, just checked from boiling. Let boil 15 minutes without stirring. Do not cover.

Old Fashioned Chicken Dumplings

2 cups flour ½ teaspoon salt
4 teaspoons CLABBER GIRL 2 tablespoons butter or
BAKING POWDER lard

Rub shortening into a part of the flour. Use milk to make a stiff dough (¾ cup is sufficient). Shape into dumplings by rolling very thin and cut as desired or drop from spoon in chicken broth. If dropped, do not make dough quite so stiff. Cook about 12 to 15 minutes slowly. Do not stir or remove top from boiler until ready to serve.

Chicken Pie

2 cups flour 1 heaping tablespoon lard
2 teaspoons CLABBER GIRL 1 cup sour milk
BAKING POWDER 1/3 teaspoon soda

Dress chicken, cut up and cook same as for stewed chicken. Have plenty of gravy. Thicken with flour and milk together, about 1/3 of a cup. Make a dough of 2 cups of flour; 2 teaspoons of CLABBER GIRL BAKING POWDER; 1 heaping tablespoon of lard. Mix well with 1 cup of sour milk, 1/3 teaspoon of soda mixed in milk; if not enough milk add a little water. Roll out same as biscuits. Lay on top of boiling chicken and set in oven to bake. An old hen is best for a pie.

Clabber Girl makes
friends of housewives
and holds them



Ways of Cooking

BOILING is cooking in Boiling Water.

STEWING is cooking in small quantity of hot water at low temperature.

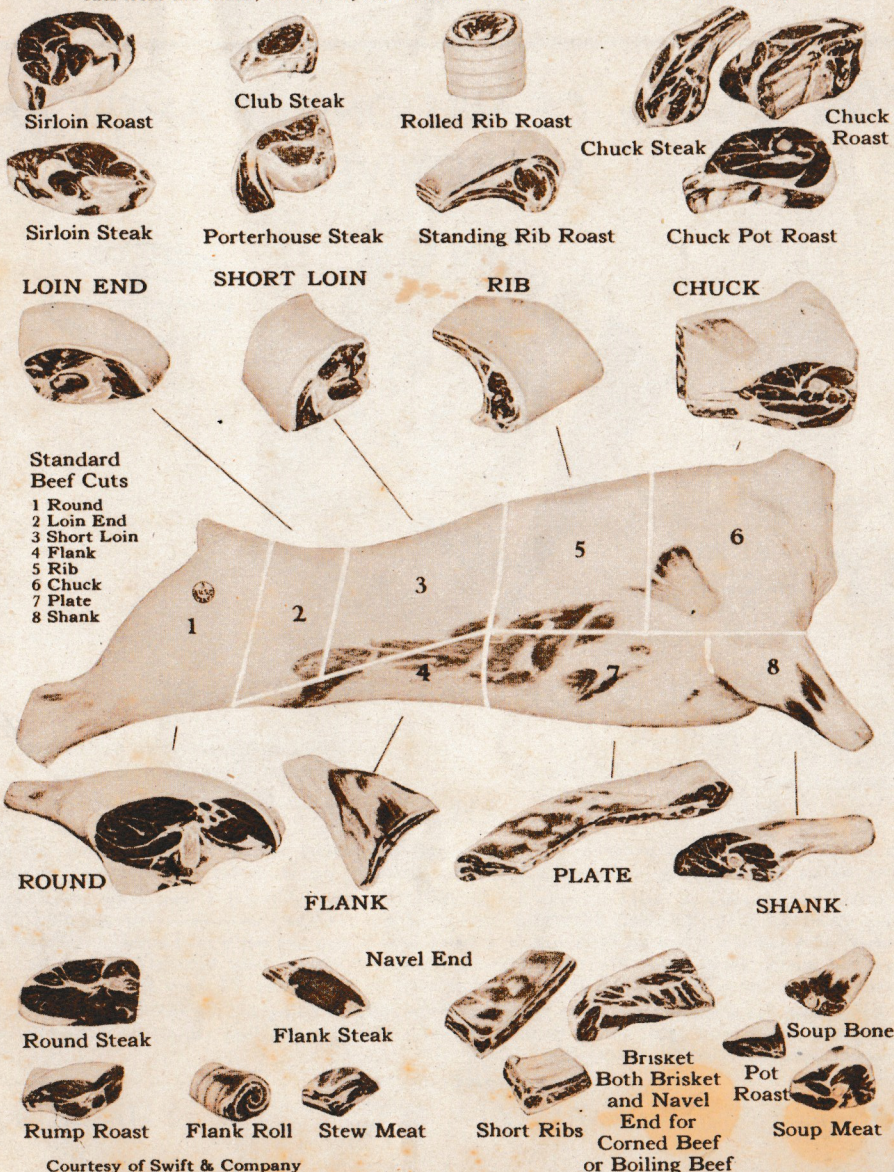
BROILING is cooking over a clear fire and the food placed in a greased boiler.

ROASTING is cooking before a clear fire or in an oven where you sear. The meat for roast-

ing is placed on a spit and allowed to revolve. Searing requires a hot oven, 550 degrees.

Beef is an extremely popular meat with the American public. There are various ways of serving the different cuts, which if known and understood by the housewives of the nation, would provide tasty and nutritious meat dishes at quite a saving.

The following chart gives the various cuts of beef and when temptingly served, the cuts from the chuck, the round, the flank and the plate will prove economic buys.



Courtesy of Swift & Company

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25 Ounce Cans } — For Large Families
32 Ounce Cans }

5 Pound Cans — For Institutions
10 Pound Cans — For Bakers

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One morning in giving my order to my groceryman, I included Baking Powder thinking, or supposing, he would send me ———, the kind I had used in my home for a quarter of a century.

"When I was ready to make biscuits for breakfast the next morning I was really vexed upon finding **CLABBER GIRL BAKING POWDER** instead of my cherished ———. The question came to me—shall I use it? I had to for I was in a hurry and it was too early to borrow, so I read the recipe and made the biscuits. We never ate more delicious, white, flaky biscuits which caused my husband to exclaim—'Well, bread like my mother used to make, only I'll have to confess, better.'

"After using for a few months, I like it better all the time, it being equally satisfactory for pastry, dressing and angel food cake, giving them a whiteness and lightness that cannot be obtained with ———, besides, being so reasonable."

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